



THE PILGRIM QUILL

FEBRUARY 2023



Hello Pilgrims.

One of my go-to scholars, N.T. Wright, once said: "Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing but because God wants us to know the joy of being cleaned out, ready for all the good things God has in store."

My grandmother used to do spring cleaning every year. In the spring, usually during lent ironically, she would direct us and we would clean the house from "top to bottom." Nothing was spared. Light fixtures, the tops of doors and window frames, behind the stove and the refrigerator, were some of her favorite spots to check to make sure we "got it all." Together we would lay our hands on every single thing in her house, all the while sorting, organizing and cleaning. The whole project was a lot of work. I don't remember anyone really enjoying spring cleaning. But I do remember a feeling of satisfaction after the fact. I would be sitting in the kitchen drinking Nestle's Quick and milk, strawberry flavor, looking out at the fruits of our labor. It was the same house, but it looked different. Or perhaps the experience of all the cleaning let me see the house in a different way. Rooms looked bigger by removing the clutter. The whole house looked brighter because you know she had us wash those windows inside and out. It was like you could feel the clean house, and everything felt lighter and more organized, peaceful even.

Our observance of Lent as a season in the church year serves many of the same purposes. It is an opportunity for us to engage in a spring cleaning of the soul. A time to stop and take inventory of our spiritual lives. To move all the appliances in our emotional kitchens and clean behind them. All to make ourselves feel lighter and brighter, to create more space, for all God has in store for us.

We have several opportunities to do that this year at Pilgrim. Lent begins with our **Ash Wednesday service** on February 22 at 7 PM. We will share in the imposition of ashes which helps us to remember our mortality and the fragility of life.

This year, Pilgrim UCC joins Union Congregational UCC in Waupun, Salem UCC in Campbellsport and Church of Peace UCC in Fond du Lac, to present a **5 week Wednesday night 7 PM worship series on the lesser known followers of Jesus**. (Pilgrim will host twice, on the first and last Wednesday, March 1st and 29th). The schedule is printed elsewhere in this Quill. Each week a different church will host an event and we will invite all of our churches to come together and empower each other to do a little spring cleaning while learning about the lesser-known apostles.

Our **Palm Sunday service** will be on April 2 at 9 AM at Pilgrim where we hope to have a special guest. Our **Maundy Thursday Service** will be hosted by Church of Peace on April 6 at 7 PM. Our members will travel to Church of Peace to share in this sacred service. Likewise, Pilgrim will host a **Good Friday service** on April 3 at 12 noon and members of church of Peace will join us. Finally, we will enjoy our **Easter Sunday worship** at 9 AM at Pilgrim.

All of these Lenten, Holy Week and Easter Sunday services are opportunities for us to be empowered to engage in a spring cleaning for our souls. Across these services, we will look at the Lenten practices of prayer, meditation, fasting, alms giving and reading scripture, that are all ways by which we can clean and organize our spiritual and emotional lives, making room for all God has in store for us.

Almighty and ever living God, you invite us deeper into your world, your people, your Lent. May this time be one of inward reflection and outward focus; finding a new sense of ourselves in the eyes of those we often ignore. Help us live a Lent focused on freedom, generosity, and encounter.

Amen and alleluia,

Pastor Rob

Sunday

February 5: 9:00AM Worship – 10:15AM Coffee Hour & Sunday School – No Adult Ed

Sunday

February 12: 9:00AM Worship – 10:15AM Adult Ed & Sunday School

Sunday

February 19: 9:00AM Worship – 10:15AM Adult Ed & Sunday School

Wednesday

February 22: Ash Wednesday - TBA

Sunday

February 26: First Sunday of Lent – 9:00AM Worship – 10:15AM Adult Ed & Sunday School

News from Council President, Barb Geiger

Behind the scenes, transitions, & opportunities—

At the end of January the role of the church council president will transfer to Patti Burns. She has been serving above and beyond as the vice-president for the past two years providing very thoughtful and insightful support which I was very grateful for. In case you weren't aware, the vice-president oversees various personnel details including when there are positions needing to be filled and that happened several times! I'm confident Patti will have the support of all at Pilgrim as I did!

Thank you to Bill Burns for making Pilgrim a safer place with installing a window in the Pastor's office door and coordinating installation of a push bar for the exit door by the Pastor's office. I've already found the push bar to be a great improvement.

Welcome to another Rob! Rob Edmondson is our new Adult Education Coordinator. I'm told he brings a lot of energy and enthusiasm with beginning his role.

Loaves and Fishes is February 1st. On February 18th, Pilgrim is signed up to participate at the Celebrate CommUNITY, an event being held at the Fond du Lac Expo Building. This is a family-friendly event to CELEBRATE our differences, EDUCATE the community and ADVOCATE for diversity, equity and inclusion. **Both of these events are looking for volunteers with sign-up posters located in the narthex.

In reviewing the annual report, it reflects all we've done as a congregation, so I recommend reading it to get a good understanding of 2022. Pastor Rob, in his report, includes a list of goals in the coming year. Those goals are really good as they offer more opportunities and growth for all.



2023 Wednesday Evening Lenten Series at 7:00PM
Lesser-Reported Followers of Jesus' Passion

Wednesday March 1

Host: Pilgrim UCC (535 Stow St. FDL)

Speaker: Jacob Nault of Union Congregational in Waupun
Lesser Reported Follower: Joseph the Carpenter

Wednesday March 8

Host: Salem UCC (N8925 County Rd. W. Campbellsport)

Speaker: Steve Stepp of Church of Peace UCC in Fond du Lac
Lesser Reported Follower: Martha the Prophet

Wednesday March 15

Host: Union Congregational (125 Beaver Dam St. Waupun)

Speaker: Rob Van Ess of Pilgrim UCC in Fond du Lac
Lesser Reported Follower: Simon the Zealot

Wednesday March 22

Host: Church of Peace UCC (158 S. Military Rd. FDL):

Speaker: Ruth Hansen of Salem UCC, Campbellsport
Lesser Reported Follower: The other Judas

March 29

Host: Pilgrim UCC

Speaker: Ruth Hansen, Rob Van Ess, Steve Stepp & Jacob Nault
Lesser Reported Follower: Mary Clophas



Diner's Club!!!

Watch for information on future
get-togethers in the bulletin and
Friday eNews.

If you have a suggestion for a restaurant,
let Patty Minter know.
Happy Dining!!!



Flowers for Church

Starting in February, members can
sign-up to provide flowers in church on
the Sundays of each month
In Memory Of Someone or
In Honor Of Someone or
Special Occasion.

The sign-up poster is hanging on the window
(of Cathy's office) behind the Scrip table.



Coffee Hour
1st Sunday of Each Month
(except where noted)

Volunteers are Needed!

Check the sign-up poster in the narthex to
volunteer for any date not yet filled;
any member of the church can sign-up.

If you notice supplies getting
low, please let Patty Minter know at
920-251-0425 or pattyminter@gmail.com.



Adult Education

Meets on Sunday Mornings from 10:15AM to 11:15AM in the **lounge** for those wishing to attend in person. We will have a few minutes to chat after worship before the program begins promptly at 10:15AM. Those preferring to join from the comfort of your home, the link for the programs will be the same throughout the fall semester.

To join Zoom Meeting:

<https://us02web.zoom.us/j/87682457999?pwd=NklCT0ZEYWtTRnlwcEtRNDBCmGRhQT09>

Meeting ID: 876 8245 7999

Passcode: 769374

February 5
Coffee Hour



February 12, 19, 26

Witness at the Cross: A Beginner's Guide to Holy Friday by Amy-Jill Levine

Presenters: Jim Thomas & Neal Sieglaff

Experience Holy Friday from the perspective of those who watched Jesus die: Mary, his mother; the Beloved Disciple from the Gospel of John; Mary Magdalene and the other women from Galilee; the two men, usually identified as thieves, crucified with Jesus; the centurion and the soldiers; Joseph of Arimathea and Nicodemus. Jews and Romans, friends and strangers, the powerful and the powerless, the hopeful and the despairing. In *Witness at the Cross*, Amy-Jill Levine shows how the people at the cross each have distinct roles to play. Each Evangelist presents a distinct picture of the death of Jesus. Each portrays different individuals and groups of people at the cross, each offers different images and dialogues and so from each, we learn how those meanings and messages across the centuries to any who would come to the cross today.

EXPANDING HORIZONS



Will meet Wednesday Mornings 9:30AM -11:00AM in the **lounge** for in-person learning; the link for those wishing to view via Zoom from home is as follows:
<https://us02web.zoom.us/j/88978012384?pwd=cGxJa0pJbExSM0FFWEtIMmtJYzNodz09>
Meeting ID: 889 7801 2384 Passcode: 762316

February 1, 8

Continuation of Christian Nationalism

Leader: Pastor Rob

Confronting Christian Nationalism: A State of the Art Training Program for Faith Communities, Leaders and Individuals:

- Develop an understanding of Christian Nationalism
- Explore research-based characteristics of American Christian Nationalism
- Incorporate responses to Christian Nationalism
- Learn ways to talk with those who adhere to Christian Nationalism
- Consider some Scripture passages that remind us how to interact with others lovingly, even when we do not agree

February 15

An Introduction to Ash Wednesday

February 22

An Introduction to Lent

Leader: Pastor Rob

Join us as we prepare for Ash Wednesday and the Season of Lent. In our sessions, we will view films with music and lyrics by The Brilliance, containing rich imagery of the paradox of life and death, beauty and fragmentation. They are the outer world's symbology of what our inner world terrain often looks like. While we acknowledge that this includes apparent brokenness and befallen-ness, we also want to say that all of this exists in the encompassment of God's wholeness. We will use the practice of Visio Vivina to guide our discussion. Visio Divina is translated as "divine seeing". It is related to the prayer form Lectio Divina (divine reading), but instead of Scripture, this form of prayer uses visual elements to help set your mind on prayer. It allows God to speak into your heart through the image.

What is **Creation Justice**?
 Who or what is the **Green Team**?
 Is there a way for me to share what I think?

On January 1, 2023, we launched an effort to help you get to know the **Green Team**, understand what Creation Justice is all about and gather some ideas from you. Watch for the green t-shirts at the coffee hour in February and March. These t-shirts will identify the team members eager to share information and answer your questions. You may have seen the poster in the Narthex with the question “What does the Earth need to heal?” Your comments will help the Green Team to focus on our future goals. New members to the PUCG Green Team are always welcome.

What is **Creation Justice**? **Creation Justice** is one of UCC’s eight Just World Covenant programs. Creation Justice combines the environmental justice movement of the 1980’s with addressing how factors such as race, class and global inequality are intertwined with environmental injustices. What started as good and vital efforts like changing light bulbs, now recognizes that we are called to care for our neighbors, both next door and across the globe.

To become a **Creation Justice Church**, we must complete an application that involves inventorying what we already do and to draw up a plan of how we want to expand on making Creation Justice a part of who we are. As one of the UCC’s eight Just World Covenant programs, **Creation Justice Churches** guides congregations in discerning how they can best embody a commitment to care for God’s creation. There are five big reasons why every church should want to be a Creation Justice Church:

1. It’s our first calling! In the opening pages of Genesis, we learn that the first job that God gives to us humans is to care for God’s creation (Genesis 2:15).
2. It’s what Jesus would do! The apostle Paul spells out how Jesus sought to put right the broken covenantal relationship between God and all of creation (Romans 8:20-24).
3. Clean air, clean water—those are good things! If there is something that should bring together Christians in common cause, it is protecting the gifts of creation. Who doesn’t want clean air and water?
4. It’s about justice! As Christians, we seek justice—to be in right relationship with God, our neighbors, and all of creation. From racial inequities to the ongoing legacy of colonialism, creation justice is deeply intertwined with multiple matters of justice. The current climate crisis gives matters of justice utmost urgency.
5. It’s in our DNA! The UCC’s Commission for Racial Justice was the central organization in the watershed events of the environmental justice movement. It is one of the most significant parts of our denominational heritage, and every UCC church has the opportunity to continue this powerful legacy.

The **Creation Justice Churches** program is not a prescribed list of things to do but a process of discernment on how to best care for God’s creation. In its own way, each church will determine how to fulfill this primary calling.

The PUCG Creation Justice application process will hopefully conclude with adopting a Pilgrim Creation Justice Covenant at a special congregational meeting on April 2, 2023.

Respectfully submitted by Gary Ring

Peg Bradley is the Green Team Chairperson

CommUNITY Event

On Saturday, February 18, 2023 the Celebrate CommUNITY event will be held from 11:00AM to 3:00PM at the Expo Building at the Fond du Lac Fairgrounds. This is the first time the event is being held since COVID. Pilgrim UCC is signed up to participate by giving hand-outs and showing a video from our church. We need volunteers to help man the booth, 2 people per hour during the 3 hours. **The sign-up sheet is on the same easel as the "earth poster" in the narthex.** Please sign up to help promote our church and educate people about our services and activities.

Thank you.
Membership and Evangelism Ministry

Lay Life!

In helping with the inspiration of the Green Team we won't be purchasing water bottles anymore. If anyone wants water it will be served from a pitcher, cooler jug or you can bring your own. Hopefully this will help the environment and our cost.

The Diners Club is back after the holidays and the one for January was well attended.

We are still in need of people to sign up for coffee hours. Any member can choose a month; you don't need a reason, just that having coffee hour the first Sunday of the month works best.

If any questions, please contact Patty Minter.

Loaves and Fishes

Pilgrim Church will be participating in the **Loaves and Fishes Program** on **Wednesday, February 1st.**

Loaves and Fishes provides meals to approximately 300-400 local people twice a week. Each time we provide a meal, several volunteers are needed to donate and prepare food, set-up, serve, clean-up and distribute leftovers.

It is hoped that those people who have helped in the past will again volunteer.

Volunteers can report to the Church of Peace at 4:00PM.

New volunteers are always welcome! There is a **sign-up poster in the narthex.**

If you would like more information about how you can be involved, please feel free to contact Jim Bentley at 920-922-5093 or Karen Goodacre at 920-904-5740.



Notes from Karen

(Our Sunday School Director)

SUNDAY SCHOOL NEWS



February Collection for St. Katharine Drexel Homeless Shelter

After talking with Brittany from the St. Katharine Drexel Homeless Shelter, she communicated to me that they are in dire need of **cleaning supplies** such as **toilet bowl cleaner, disinfectant sprays** and **laundry detergent**. If there is any way you are able to help the Sunday school children continue to show their love for others by supporting this cause, please leave these items in Karen's office or bring them to the opening worship area. They are always so appreciative at the shelter for any help they receive as they work towards getting families into their own living environments.

Bowling

On **Friday, February 17th**, the CE ministry will be hosting an intergenerational night of bowling. We are able to reserve 8 lanes at this time. Each game of bowling will cost **\$3.00 each** and shoes will be **FREE**. We will plan to meet at **Ledgeview Lanes by 6:00PM** and families and/or individuals can bowl as many games as they prefer. Plan to join us for an evening of strikes, spares and fun!



Church Camp Opportunities

While it seems very early to be thinking about planning for summer, The Daycholah Center, Moon Beach and Cedar Valley have already begun to plan for many different camp opportunities for all ages. I encourage everyone to check out what is available at United Church Camps, Inc. @ ucci.org.

Please know that Pilgrim wants to make sure anyone wanting to enjoy a camp experience has the ability to do so and there are scholarships available. Please talk with Karen if this is a need.

Heifer International

Start saving your change...it won't be long before the Sunday school children start collecting for Heifer International to help others less fortunate in other parts of our world.

Peace and Blessings,
Karen



There are so many ways to utilize the SCRIP program in your daily lives. Did you know??????

- You can pay your Kohl’s charge card bill using SCRIP cards.....it’s super easy, just purchase enough SCRIP for the amount you want to pay on your bill, take it to any cash register at Kohls and they will take care of it. You don’t even need a stamp to mail it in!
- Festival Foods, Pick N Save and Piggly Wiggly are all participants of the SCRIP program and who doesn’t go to the grocery store?
- Kwik Trip gives the best bang for your buck on our SCRIP program...In fact, for the month of February we will once again be getting 10% back from all Kwik Trip cards sold. What that means is for every \$100 Kwik Trip card sold the church will earn a profit of \$10!

So as you can see this is just a small sampling of the many different ways you can incorporate using SCRIP in your daily lives while helping to support Pilgrim’s budget.

Please talk with Karen Goodacre @ 920-904-5740 if you have any questions regarding the SCRIP program and how it works.

Thanks Everyone,

Karen

One-Day Exhibit Form and Instructions

We will be holding a **one-day exhibit at Pilgrim UCC on Sunday, April 2, 2023**. Any member of the Artists Association or Pilgrim UCC are welcome to provide 1-2 art pieces for exhibit that day. All 2-D work must be ready for hanging with a wire – no saw tooth hangers, please. Artwork may be dropped off at the church between 8:30AM and 12:00 noon Monday thru Friday of the week before and may be picked up during the same hours the week following April 2. Artwork will be displayed on easels or by hanging. Please label your artwork with your name, contact information, title and price/NFS.

Artwork may be for sale, but any sales must be done by the artist. You will need to have business cards attached to your artwork or available close by so any customers may contact you directly. There is no commission.

Please fill out form below and return to Fran Schmid via e-mail (dhschmid@charter.net) or via mail (1376 Moonlight Lane, Fond du Lac WI 54937) by Friday, March 24, 2023.

Name	Phone #	Title Artwork	Medium	Size

(Please Print Information Above)

I acknowledge and accept these terms:

The Fond du Lac Artists Association and Pilgrim United Church of Christ are not responsible for any damage or loss of any artwork delivered for display at the Church. I certify that this artwork is original in concept and design and that there are no infringements to copyright laws. I further state that the artwork has been done by me.

Signed _____ Date _____

Parish Nurse

Shoulders Up – Shoulders Back – Head Up – Phone Down!

The word “Posture” describes how the spine is lined up with the head, shoulders and hips. There is no perfect posture just as there is no perfect body.

Good posture refers to an alignment that reduces stress on the joints and muscles that help maintain balance. With **bad posture**, the muscles have to work differently and over time they can lengthen, shorten, and/or become weaker – resulting in the bad posture becoming the “norm”.

There are 4 main types of (concerning) posture: **Forward head (or “Tech neck/Nerd Neck”)** often comes from leaning forward and looking down. **Kyphosis (“Hunchback”)** is mainly caused by bone thinning. It affects up to 40% of older men and women and increases over time. **Swayback (lower back has an exaggerated inward curve)** the core (abdominal) muscles become weak e.g. from prolonged sitting. And **Flatback (lower back looks straight and the person appears stooped forward bending from the waist)** can be caused over time by arthritis or disc degeneration.

Side affects of bad posture are back/shoulder/neck/hip pain, decreased balance and an increased difficulty taking deep breaths. Talk with your Care Provider about what you can do to improve your posture. And, FYI - Those “as seen on TV” posture corrector harnesses are not good things – they would need to be ordered by a Care Provider and fit by a therapist to not cause further issues.

The good news is that posture can be improved with relatively small changes - for example, changing the configuration of a work station or a chair for different support. Simply elevating a cell phone/ computer screen/television can take stress off the neck and shoulders. Wearing flat/minimally elevated supportive shoes, consciously taking deep breaths, looking straight ahead when walking and routine stretching exercises (like yoga) that target the abdominal and shoulder muscles will also help keep the body in line....literally.

In a neutral (good posture) position, an adult head exerts 10-12 pounds on the top of the spine. Forward posture at 15 degrees out of alignment increases the force on the spine to 27 pounds. At 45 degrees it increases to 49 pounds, and at 60 degrees forward, it increases to 60 pounds. (2014 study by

Dr. K Hansraj, Chief of Spine Surgery, New York Spine surgery and Rehabilitation) It’s no wonder our shoulders and neck get tight and sore the longer we look at our phones!

Viruses - The More You Know

Yep, we are still in “cold and flu” season and we continue to have newly diagnosed cases of many different viruses – Covid, RSV, Rhinovirus (thought to cause 30-35% of all common colds), Influenza.....I’ve written about handwashing, disinfecting surfaces, not touching your face, staying home if ill and away from others who are ill if possible, social distancing, vaccines, getting enough sleep, eating a varied/healthy diet and the importance of staying active.

Nothing has changed. Please continue all of the above!

February is Heart Month

A positive outlook of optimism, feeling grateful and finding meaning in life is good for your heart - fewer stress hormones, more endorphins, blood vessel relaxation, greater blood flow... And a kind word and/or gesture is good for someone else’s heart - for the same physical reasons. Mind, Body, Spirit – every month should be heart month!

Children’s Dental Health Month

Easy Peasy - only brush the teeth you want to keep. *And check out the bulletin board for more Information about sugar, soda and your teeth!*

February is National Cherry Month

Presidents Day is February 20

Fat Tuesday is February 21

Ash Wednesday is February 22

These are all related. Instead of pancakes on February 21st, indulge in Cherry Pie...warm...with ice cream.

This Lenten Season practice Holy Speech: Is it true? Is it kind? Is it necessary?

“Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns”. Anne Lamott

Lent calls us to face the darkness without holding a flashlight...

Helping Our Neighbors Around the World

The Outreach Ministry recently made a loan through KIVA which will help two women in El Salvador and Cambodia.

KIVA is a 501(c)3 nonprofit organization. KIVA's mission is to connect people through lending to alleviate poverty. KIVA works with micro finance institutions on five continents to provide loans to people without access to traditional banking systems. The \$225.00 loaned this month was money that had been repaid on previous loans we have given.

Sokhay received our first loan of \$125.00. She is 28 years old and the mother of two children. Currently, she is a housewife who earns no income. Her husband is a rice farmer who earns about 34.73 USD in daily profit. Their family lives in the Kampong Chhnang province of Cambodia. The family is currently experiencing a low income because of difficulties arising from the Covid 19 pandemic. Sokhay has requested a loan to purchase more farming necessities, such as fertilizer and soil, to use in their fields. In the future, Sokhay hopes to renovate their house to make it warmer. She also hopes to help her children receive higher education.

Ester, age 37, lives in El Salvador with her partner who is a farmer. Pilgrim was able to loan her \$100.00. Ester has worked in traditional fishing for eight years. She learned from her parents. She works everyday starting at 4AM. This loan will help her to purchase a motor for the boat she uses for fishing. Ester dreams of giving her family a better quality of life.

Jesus taught us what it means to be a good neighbor. Through KIVA, we can be a good neighbor to those who live very far from us.

If you would like to learn more about KIVA see their website www.kiva.org or talk to Peg Bradley or any member of the Outreach Ministry.



Christian Outreach News!

We will be hosting 3 dinners for the Warming Shelter. The dates are February 12th and 19th and March 12th. We will serve Hamburger Stroganoff on February 12th and March 12th; Lasagna will be served on February 19th.

The youth group will be serving on February 12th; we will need volunteers for February 19th and March 12th.

There will be a sign-up sheet in the narthex at the end of January for food. This will include the stroganoff and lasagna. We will also need dinner rolls, desserts, a veggie, milk and juice.

Your help is appreciated.

Blandine House



Christian Outreach is sponsoring a collection for the Blandine House in the month of February. This collection is for men's toiletries. Items needed are listed below:

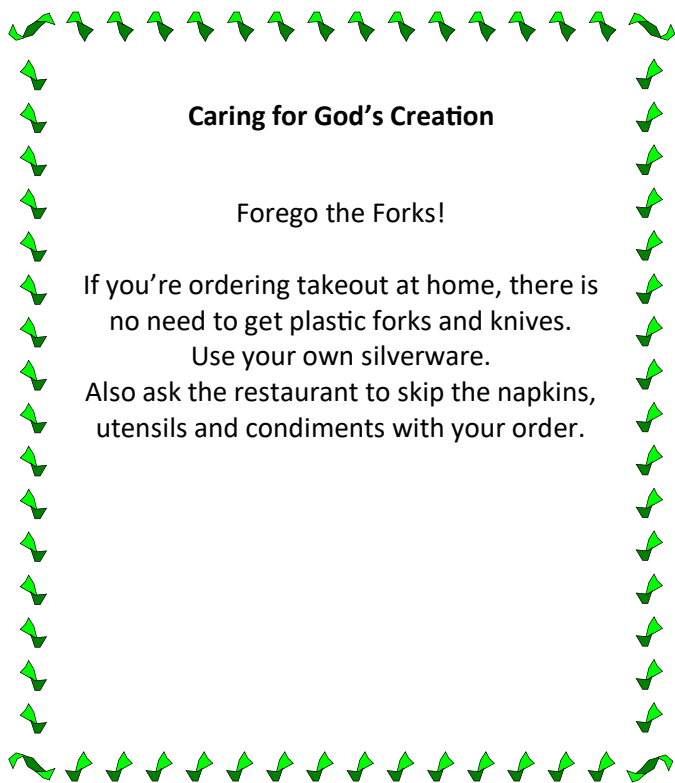
Nail clippers	Body wash
Disposable razors	Deodorant
Shaving cream	Q-tips
Toothpaste	Body lotion
Shampoo	Chapstick
Conditioner	

There will be a box in the entrance to the narthex by February 1st. Your donations for Blandine House are very much appreciated.

Caring for God's Creation

Forego the Forks!

If you're ordering takeout at home, there is no need to get plastic forks and knives. Use your own silverware. Also ask the restaurant to skip the napkins, utensils and condiments with your order.



Ushers for February	
Date	9:00 Service
February 5	Avery & Barb Geiger
February 12	Gary & Joni Greenfield
February 19	Jim & Dianne Bentley
Ash Wednesday, February 22	7:00PM Service Randy & Linda Stutz
February 26	

Welcomers for February	
Date	9:00 Service
February 5	Wendy Ellison
February 12	Barb Tadych
February 19	Ron McCreedy
February 26	Linda Stutz

Worship Leaders for February	
Date	9:00 Service
February 5	Sue Schmitz
February 12	Noreen Henderson
February 19	Jill Barbeau
February 26	Tony Prus



- 1 Randy Mittelstaedt
- 3 Ruth Willett
- 3 Jake Zheng
- 5 Judie Behnke
- 6 Mikayla Schmid
- 7 Victoria Dietenberger
- 9 Kayden Keys
- 12 Jeff Siemers
- 13 Bridget Keys
Lily Mae LaLuzerne
- 14 Kathleen Dill
- 15 Barb Geiger
- 17 Kay Lynn Speidel
- 19 Bayard Frederick
Julie Freund
- 22 Judy Muthig
- 24 Neal Sieglaff
- 26 Stuart Henderson
- 28 Dianne Bentley
Gayle Mandel
Hannah Wright



Did we miss your birthday or anniversary? If you have a birthday or anniversary this month and your name is not on the list, perhaps we don't have your information. Please call Cathy in the church office (921-0415) or fill out the form below so your name can be included next year! Thank you!

If you would like your birthday and/or anniversary listed in The Quill, just fill out this form and return it to the church office.

Name: _____

Birthday: _____

Anniversary: _____

Worship Schedule

Mission Moments in Blue • Additional services in Red • Choir in Green
Themed Sun services in Purple • Special Music Highlighted

February 2023

Sun Feb 5: – 9 AM Worship – 10:15 Coffee Hour & Sun School – No Adult Ed - **Choir**
Sun Feb 12: – 9 AM Worship – 10:15 Adult Ed & Sun School – Handbell Quartet
Sun Feb 19: – 9 AM Worship – 10:15 Adult Ed & Sun School – Daniel Shultz preaching – **Choir**
Wed Feb 22: Ash Wednesday - TBA
Sun Feb 26: 1st Sun of Lent – 9 AM Worship – 10:15 Adult Ed & Sun School

March 2023

Sun March 5: 2nd Sun of Lent – 9 AM Worship – 10:15 Coffee Hour & Sunday School – No Adult Ed – **Choir**
Sun March 12: 3rd Sun of Lent – 9 AM Worship – 10:15 Adult Ed & Sun School (DST starts) – Handbell Quartet
Sun March 19: 4th Sun of Lent – 9 AM Worship – 10:15 Adult Ed & Sun School – **Choir**
Sun March 26: 5th Sun of Lent – 9 AM Worship – 10:15 Adult Ed & Sun School

April 2023

Sun April 2: **Palm Sun** – 9 AM Worship – 10:15 Coffee Hour & Sun School – No Adult Ed - Choir
Thurs April 6: Maundy Thurs – Shared Service at Church of Peace UCC FDL – Time TBA
Fri April 7: Good Friday – Shared Service at Pilgrim UCC FDL– TBA
Sun April 9: **Easter Sun** – 9 AM Worship – No Adult Ed or Sun School – **Choir** – Handbell Quartet
Sun April 16: – 9 AM Worship – 10:15 Adult Ed & Sun School
Sun April 23: – 9 AM Worship – 10:15 Adult Ed & Sun School
Sun April 30: – 9 AM Worship – 10:15 Adult Ed & Sun School

May 2023

Sun. May 7: – 9 AM Worship – 10:15 Coffee Hour & Sun School – No Adult Ed – **Choir** – Rev. Jane Anderson, WCUCC
Associate Conference Minister preaching.
Sun May 14: – 9 AM Worship – 10:15 Adult Ed & Sun School (Mother's Day) – Handbell Quartet
Sun May 21: – 9 AM Worship – Recognition Sunday – 10:15 Adult Ed/ No Sun School – **Choir**
Sun May 28: **Pentecost** – 9 AM Worship – Summer Schedule begins (no Sun School or Ad Forum)

Family Fun Nights

Fri Feb 17 – Bowling for all!
 Fri Mar 17 – Movie Night – Encanto!
 Fri. Apr 21 – Intergenerational game night!
 Fri May 19 – Outdoor yard/ camp games!

Christian Outreach

February

Collection of hygiene products for Blandine House, a community based residential 90-day male drug and alcohol transitional treatment program. Suggested items: shampoo, hand sanitizer, wipes, liquid soap, deodorant, tooth paste, toothbrush, wash clothes, razors, shaving cream, fingernail clippers.

Sun Feb 12 the Christian Outreach Committee will ask people to bring food for the Salvation Army warming shelter which our youth attending the mission trip in June will be serving. Menu: Beef Stroganoff, a veggie, and desserts.

Sun Feb 19 the Christian Outreach Committee will ask people to bring food and sign up to serve food for the Salvation Army warming shelter. Menu: Lasagna, a veggie, and desserts.

March

Undie Sundays

Sun March 12 the Christian Outreach Committee will ask people to bring food and sign up to serve food for the Salvation Army warming shelter. Menu: Beef Stroganoff, a veggie, and desserts.

April

Green Team compost education and collection in collaboration with Christian Outreach

May

Collect nonperishable food items for the Fondy Food Pantry/ Blanket Sunday

Health Ministries

February 2023

Posture – Heart Month – Children’s Dental Health Month (Teeth and Soda) – Super Bowl – Presidents Day (February 20th) – National Cherry Month - Lent starts Feb. 22nd This Lenten Season practice Holy Speech: Is it true? Is it kind? Is it necessary? “Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.” Anne Lamott

Lent calls us to face the darkness without holding a flashlight...

March 2023:

All of March is in Lent...

Effective surface cleaning – Anticipating spring – mold/cleaning – Daylight Savings Time - March 12 – Sleep – National Pi Day – Mar 14 – WISE: Brain Awareness Month

In like a lion, out like a lamb is a statement of hope. In like a lamb – out like a lion is acknowledging that we’re not in charge.

April 2023

Easter – Sunday, Apr 9 – Administrative Assistant’s Day – Wed. Apr 26th – Poison Prevention Month – Advance Directives – Organ Donation Month – Earth Week – Care for Creation: April 16-22 (Plastic Bags) – Earth Day: Saturday 22 – Rhubarb and parsnips – WISE: Autism Awareness Month

May 2023

Melanoma Monday – Blood Pressure Month – Arthritis Awareness Month – Outdoor Farmers Markets start – WISE: Mental Health Awareness Month

Mission Trip Events

Sun Jan 29 from 2-5:30PM for a bread baking retreat.

Every young person and chaperone is invited, will make their own loaf of bread, while as a group we will talk about serving people in need, meeting them where they are at, and how Christ calls us to be humble. Our inspiration text for Bread Church is Mark 9:50: "Have salt in yourselves, and be at peace with one another."

In Feb we will coordinate with the Christian Outreach committee to serve a meal at the warming shelter at the Salvation Army on **Feb 12 at 6 PM**. The Christian Outreach committee will coordinate a sign-up sheet for members to make the food we will serve. You are invited to sign up to make some food, homemade and not store bought, or you can simply serve the food and help clean up afterwards. More information will be provided closer to the event itself.

We will meet **Sun March 12** after worship. In this meeting we will go over the information provided by Next Step Ministries.

We will meet **Sun April 16** after worship (Meeting moved back one week due to Easter on 4/9).

We will meet **Sun May 21** after worship (Meeting moved back one week due to Mother's Day on 5/14). Our final meeting before the trip.

Mission trip dates: **June 25th - June 30th**

Adult Forum

"Education is what remains after one has forgotten what one has learned in school."

– Albert Einstein

Feb 5 Coffee Hour – No Adult Forum

Feb 12 -

Mar 26 - *Witness at the Cross: A Beginner's Guide to Holy Friday* by Amy-Jill Levine – Leaders TBA

Experience Holy Friday from the perspective of those who watched Jesus die: Mary his mother; the Beloved Disciple from the Gospel of John; Mary Magdalene and the other women from Galilee; the two men, usually identified as thieves, crucified with Jesus; the centurion and the soldiers; Joseph of Arimathea and Nicodemus. Jews and Romans, friends and strangers, the powerful and the powerless, the hopeful and the despairing.

In *Witness at the Cross*, Amy-Jill Levine shows how the people at the cross each have distinct roles to play. Each Evangelist presents a distinct picture of the death of Jesus. Each portrays different individuals and groups of people at the cross, each offers different images and dialogues, and so from each, we learn how those meanings and messages across the centuries to any who would come to the cross today.

Mar 5 Coffee Hour – No Adult Forum

Apr 2 Coffee Hour – No Adult Forum

Apr 9 Easter – No Adult Forum or Sun School

Apr 16 The Arc Fond du Lac – Presenter: Dawn Scannell - Executive Director

We are a human service organization that empowers adults and youth with intellectual and developmental disabilities to become independent and integrated into the community through advocacy, education, training and support.

The Arc provides services to over 800 families and individuals with disabilities living in Fond du Lac, Dodge, and Winnebago Counties. We care for ages ranging from 5 years of age to 80+. All of our programs are person-centered and we find the right approach to helping our members achieve with us.

Apr 23 *The law of Blood: Thinking and acting as a Nazi* By Johann Chapoutot – Leader: Ben Blanc

The scale and the depth of Nazi brutality seem to defy understanding. What could drive people to fight, kill, and destroy with such ruthless ambition? Observers and historians have offered countless explanations since the 1930s. According to **Johann Chapoutot**, we need to understand better how the Nazis explained it themselves. We need a clearer view, in particular, of how they were steeped in and spread the idea that history gave them no choice: it was either kill or die.

Chapoutot, one of France's leading historians, spent years immersing himself in the texts and images that reflected and shaped the mental world of Nazi ideologues, and that the Nazis disseminated to the German public. The party had no official ur-text of ideology, values, and history. But a clear narrative emerges from the myriad works of intellectuals, apparatchiks, journalists, and movie-makers that Chapoutot explores.

Apr 30 Building Community & A Better Police – Presenter: Aaron Goldstein - Chief of Police

The City of Fond du Lac Police Department is committed to a culture of understanding, compassion, and professionalism. We place an emphasis on community and neighborhood engagement to get to know each other better and start to discover the mutual goals we have for our community. We work collectively to build trust and break down barriers between police and our community for a stronger and safer community for all people.

We believe that team problem solving, customer service, and community partnerships is the foundation to be able to deliver a level of service that exceeds the community's expectations. We also believe that every interaction matters because every interaction could be the one that makes a difference and impacts another for the rest of their life.

May 7 Coffee Hour

May 14 Homelessness Affecting Fond du Lac School Students – Presenter: Linda Tack - Homelessness Coordinator

Homelessness can happen to anyone. Thousands of hardworking individuals and families in Fond du Lac County are one health, economic or family crisis away from losing their home.

According to the St. Katharine Drexel Shelter Website there are currently 172+ students who are currently recognized as homeless. Linda Tack will discuss the homeless situation, the resources available through the school district, as well as ways members of the community can work together to address homelessness.

May 21 Building Compassion – Documentary – Leader: Chris Frederick

Peace and Compassion are intertwined and inseparable. Yet, it can be difficult to open our hearts to others. Learn how the practice of compassion can improve your life. Find out about cutting-edge research into the neurology and cultural practices of compassion, and explore how compassion is key to creating a peaceful world.

Expanding Horizons

Feb 1 & 8 Finish Christian Nationalism – Leader: Pastor Rob

Confronting Christian Nationalism: A State of the Art Training Program for Faith Communities, Leaders and Individuals: *Develop an understanding of Christian Nationalism *Explore research-based characteristics of American Christian Nationalism *Incorporate responses to Christian Nationalism *Learn ways to talk with those who adhere to Christian Nationalism *Consider some Scripture passages that remind us how to interact with others lovingly, even when we do not agree

Questions addressed include: *Was America founded as a Christian nation? *What does Christian Nationalism look like in the United States? *Is there a difference between conservative Christianity and Christian Nationalism? *Is Christian Nationalism embraced only by a fringe element in America? *How should the Christian church think about Christian Nationalism? *How can I talk with those who embrace Christian Nationalism?

Feb 15 & 22 Don't Be Afraid of the Dark - A 2 Part Series – An Introduction to Ash Wednesday; An Introduction to Lent - Leader: Pastor Rob

Join us as we prepare for Ash Wednesday and the season of Lent. In our sessions we will view films with music and lyrics by The Brilliance, containing rich imagery of the paradox of life and death, beauty and fragmentation. They are the outer world's symbology of what our inner world terrain often looks like. While we acknowledge that this includes apparent brokenness and befallen-ness, we also want to say that all of this exists in the encompassment of God's wholeness.

We will use the practice of Visio Divina to guide our discussion. Visio Divina is translated as "divine seeing". It is related to the prayer form Lectio Divina (divine reading), but instead of Scripture, this form of prayer uses visual elements to help set your mind on prayer. It allows God to speak into your heart through the image.

Mar 1 & 8 *Saving Us: A Climate Scientists' Case for Hope and Healing in a Divided World* by Katharine Hayhoe – Leader: Peg Bradley

Climate Scientist and evangelical Christian Katharine Hayhoe has been called "one of the nation's most effective communicators on climate change" by the New York Times. She believes the most important thing we can do to address climate change is talk about it. Conversations fueled by respect and shared values can help save our planet, and this book will give us confidence to begin the conversation.

Mar 15 - Apr 5 Gospel according to John – Leader: Brian Smith

John writes at the end of the first century when the educated classes in the Roman Empire are converting to Christianity and John uses Greek philosophical terms to frame Jesus' ministry. He is interested in giving a deeper spiritual meaning behind Jesus' life and ministry rather than a chronological order of events. In this study we will note many differences between John's gospel and the other three.

Apr 12 -May 17 Mindfulness Series – Leader: Karen Lindberg-Schuppe

Life consists of moments, nothing more than that. So if you make the moments matter, it all matters. - Ellen Langer

Session 1 (4/12): Mindful Breathing and Listening

Session 2 (4/19): Mindful Body

Session 3 (4/26): Taking in the Good

Session 4 (5/03): Self-Compassion

Session 5 (5/10): Loving Kindness

Session 6 (5/17): Mindful Eating

May 24 End of Year Brunch



Dear Pilgrim United Church of Christ,

I'm truly fortunate to witness every day how the giving spirit of groups like yours can change the world. No matter how much circumstances change, one thing remains the same: people continue to show generosity and dedication to the families we serve.

Which is why I want to extend my sincere appreciation for your group's recent contribution of \$1,250.00 to Heifer. Your compassion makes a permanent difference in so many lives. I'm reminded of the quote by Mr. Fred Rogers: "All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors - in our own way each one of us is a giver and a receiver." **And to magnify the joy of your gift, an additional group of generous donors has matched your donation, doubling the impact of your gift!**

Thanks to your group of Heifer donors, moms are building businesses and earning steady income to feed their children . . . Dads are running their own family farms instead of having to find work far away . . . You are providing nutritious food education and hope for the next generation.

I hope you know how much we, and the families who are touched by your generosity, appreciate you all. Our work would not be possible without you by our side.

Christy Moore
Senior Vice President of Marketing
Heifer International

Dear Pilgrim United Church of Christ,

This letter comes with my warm appreciation for your gift of \$1,000.00 to Feeding America Eastern Wisconsin. Your donation provides 4,000 meals to those facing hunger in our communities.

Thanks to your generosity, local families have the opportunity to focus on what so many of us look forward to in December: spending time with our loved ones, sharing food and gifts and preparing for the New Year. Instead of worrying about where the next meal is coming from, your support means that thousands of food-insecure people in Eastern Wisconsin have what they need to enjoy the holidays, with plenty of food to go around.

Thank you for joining us in our mission and sharing our vision of a hunger-free Wisconsin.

Together we can solve hunger!

Sincerely,
Patti Habeck
President & CEP
Feeding America Eastern Wisconsin

Pilgrim United Church of Christ,

On behalf of Dogs2DogTags, we would like to personally thank you for the donation of \$705.00. With your help, we can continue to help our veterans who are struggling with the transition to civilian life due to post-combat stress and anxiety.

Not only will your donation help us with the cost of training and placing dogs, but it will also help us to fund a new program called Laika's Fund. The purpose of Laika's Fund is to provide grants for veterans who need financial assistance keeping their own companion animal. This could include training costs, veterinarian assistance, dog supplies, dog food, flea/heartworm assistance, etc.

We recognize some veterans already have their own companion dogs, we want to help those veterans needing financial assistance keep their reason to come home.

Our team at Dogs2DogTags could not do the important work we do without your generosity.

Thank you for your support.

Sincerely,
Torre Willadsen, Founder

Dear Friend:

Thank you, friend! On behalf of the children of St. Jude Children's Research Hospital, I send you my utmost gratitude for your gift of \$305.00 in December 2022. Generous gifts like yours do so much to help support our research and treatment for all the children who turn to us each year -- children like Nova (eye cancer), Gracie (leukemia) and Sariyah (eye cancer).

If you were to walk through the halls of St. Jude, you would see both babies and teenagers. You might see a kindergartener sporting their favorite superhero shirt or another carrying their lucky unicorn toy. Though St. Jude is a happy place filled with hope, one terrible thing connects all these precious girls and boys -- they are being treated for cancer or another life-threatening disease.

These children were all referred to St. Jude. Once here, our doctors placed each one of them on a special treatment plan to give them hope for a second chance.

Because of generosity like yours, families never receive a bill from St. Jude for treatment, travel, housing or food -- so they can focus on helping their child live. Your donation is truly a gift of hope for thousands of children around the world. On behalf of the patients and parents of St. Jude, we thank you for your support. God bless your good heart.

For the children,
Marlo Thomas

Dear Pilgrim United Church of Christ,

On behalf of Sleep in Heavenly Peace Inc., its members, sponsors, volunteers and bed recipients, we would like to thank you for your generous donation of \$225.00. Many people don't know there are so many kids sleeping on the floor or in other uncomfortable situations and SHP aims to solve this crisis. This would not be possible without your generosity. Our mission is to see **No Kid Sleeps On The Floor In Our Town!**

Again, we greatly appreciate your love and support for our cause and hope that we can continue to work with you in the future.

Sincerely,
Sleep in Heavenly Peace

Dear Pilgrim United Church of Christ,

The National Fire Safety Council Inc. and the Fond du Lac Fire Department thank you for your recent donation of \$500.00.

National Fire Safety Council Inc. takes pride in working with dedicated fire departments who are committed to teaching your children and community vital fire safety and burn prevention. Your generosity will allow local firefighters to distribute these materials to a larger number of children and individuals in your area.

On behalf of your local firefighters, parents and their children, we thank you for recognizing the need for this type of life-saving prevention program.

Your donation may directly save the life of a child.

Sincerely,
Firepup and the
National Fire Safety Council Inc.

Dear Friend and Sponsor,


The Fond du Lac Fire Department would like to express our sincere thanks for your financial support of our Fire Safety Education Program.

It is our sworn duty to provide the Fond du Lac community with the level of fire protection and life safety the public expects. You have recognized that we desperately need to reach our children with accurate and vital facts that will educate and help them grow as safe, happy and responsible citizens. The materials we have carefully selected were developed exclusively by the National Fire Safety Council Inc., a non-profit, tax-exempt organization.

Because of your generous support we are able to provide this well-rounded Fire Safety Education Program. Without your help, this could not have been possible.

Thanks again, on behalf of the Fire Department and all the young people who will be touched by your helping hand.


Yours in Safety, Service and Protection,
Erick Gerritson, Interim Fire Chief



A friend in Jesus

In the Bible, Jesus shares what it means to be a true friend.

Directions: Use the heart key to fill in the missing vowels from John 15:14, 17, NIV.



“Y _ _ r _ my fr _ nds _ f
y _ _ d _ wh _ t _ c _ mm _ nd. ...
Th _ s _ s my c _ mm _ nd:
L _ v _ _ _ ch _ th _ r.”

JOHN 15:14, 17, NIV

Answer: “You are my friends if you do what I command. ... This is my command: Love each other.” John 15:14, 17, NIV



Love IS...

Fill in the blanks for three qualities Paul, in 1 Corinthians 13, attributes to love:

“Love is _____; love is _____. ... it keeps no record of _____.”


- A. challenging, important, the past
- B. childlike, innocent, injustice
- C. self-sacrificing, generous, finances
- D. patient, kind, wrongs

Answer: D (See 1 Corinthians 13:4-5, NIV.)



FEBRUARY 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Expanding Horizons 9:30 - 11:00	2 9:00-10:30 Yoga w/lean 7:00 Pilgrim Choir	3 7:00 AL-ANON	5
5 9:00 Worship 10:15 Coffee Hour 10:15 Sunday School 6:00 NA Mtg	6 4:30 Christian Ed	7	8 Expanding Horizons 9:30 - 11:00	9 9:00-10:30 Yoga w/lean 11:30 Outreach 7:00 Pilgrim Choir	10 7:00 AL-ANON	11 9:45-2:00 WI Gospelers
12 9:00 Worship 10:15 Adult Forum 10:15 Mission Trip Mtg. 10:15 Sunday School Warming Shelter Meal 6:00 NA Mtg	13 11:00 Faith Formation Group 11:00 Membership 6:00 Property Pastor Rob Vacation 13th thru 19th	14 	15 Expanding Horizons 9:30 - 11:00	16 9:00-10:30 Yoga w/lean 7:00 Pilgrim Choir	17 6:00 FFN Bowling for All Ledgview Lanes 7:00 AL-ANON	18 11:00-3:00 COMMUNITY
19 9:00 Worship 10:15 Adult Forum 10:15 Sunday School Warming Shelter Meal 6:00 NA Mtg	20 6:00 Council Mtg	21 9:30 PEO 1:30 Book Club	22 Expanding Horizons - 9:30 - 11:00 Ash Wednesday Service	23 9:00-10:30 Yoga w/lean 7:00 Pilgrim Choir	24 7:00 AL-ANON	25 10:00 Artist's Assoc Guild Room
26 9:00 Worship 10:15 Annual Meeting 6:00 NA Mtg	27 6:00 Green Team	28				

Pilgrim United Church of Christ
535 Stow Street
Fond du Lac, WI 54935-2865
Phone: 920-921-0415
Email: pilgrim.info@pilgrimuccfdl.org
Website: www.pilgrimuccfdl.org

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The Pilgrim Quill

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Administrative Assistant Cathy Drew
Parish Nurse Sue Schmitz
Sunday School Director Karen Goodacre
Youth Director
Adult Education Coordinator Rob Edmondson
Worship Musician Chris Deaner-Rogers
Choir Director Zachary Ball
Choir Accompanist
Custodian Floors2Clean
Church Council President Barb Geiger
Church Council Vice President Patti Burns
Church Council Secretary Wendy Ellison
Church Treasurer Donna Jost

Those Who Serve

Pilgrim United Church of Christ, a theologically progressive Christian church, pursues growth in faith, social justice, and respect for all voices-with Jesus as our model for how to live and love.

Pilgrim United Church of Christ Mission Statement